

Centre Region Active Adult Center Menu – January 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Happy New Year !	Cost Savings Day- No meals	Pork w/Sauerkraut Mashed Potatoes Sweet Peas Cranberry Juice Biscuit with Apple Butter	Chicken Marsala Garlic and Parmesan Orzo Hot Chunky Applesauce Tossed Salad Vanilla Ice Cream Garlic Breadstick	Fish Sandwich w/Cheese Cheesy Bacon & Chive Potatoes, Green Beans Fresh Fruit , tartar Sauce White Sandwich Roll
8	9	10	11	12
BBQ Chicken Thigh Baked Potato w/Sour Cream French Style Green Beans Banana Pudding Vanilla Wafers Whole Wheat Bread	Breaded Pork Chop Scalloped Potatoes Baked Cabbage Dinner Roll	Chicken Caesar Salad w/ Parmesan Cheese Mixed Greens w/Croutons Wedding Soup w/Crackers Warm Peaches Breadstick	Open Face Hot Roast Beef Sandwich w/ Gravy Mashed Potatoes Tossed Salad Sugar Cookie Multi Grain Bread	Savory Sausage Scramble Hot Chunky Applesauce Parmesan Potatoes Corn Muffin
15	16	17	18	19
Holiday	Bowtie Pasta w/Meatballs (3) Broccoli Apple Crisp Italian Bread	Cooking with LeCreta	Sweet & Sour Pork Blended Rice Broccoli & Carrots Mandarin Oranges Fortune Cookie	Cheeseburger Lettuce/Tomato Creamy Tomato Soup Fresh Tangerine K/M/O WW Sandwich Roll
22	23	24	25	26
Pancake and Sausage Brunch \$7 Must pre-register	Stuffed Pepper Cup w/Tomato Sauce Mashed Potatoes Sweet Corn Sugar Cookies Whole Wheat Bread	Grilled Chicken Breast Pickled Beets and Egg Vegetable Soup Pineapple Tidbits Croissant M/L/T	Crabby Patty Mixed Greens Salad Hard Boiled Egg Vinaigrette Dressing 3 Bean Salad Blueberry Cheesecake Cup Dinner Roll	All Beef Hot Dog German Potato Salad Baked Beans Fresh Orange K/M/O Hot Dog Roll
29	30	31		
Baked Chicken Breast/Gravy Garlic & Parmesan Orzo Brussels Sprouts Fresh Orange Whole Wheat Bread	Pulled Pork Orange Blossom Whipped Sweet Potatoes Coleslaw Fresh Apple Dinner Roll	Italian Meatball Sub w/sauce and cheese Carrots & Peas Hot Pineapple Crisp Hoagie Roll		

All meals are served with 2% milk or chocolate milk when noted. milk **To reserve your meal, call 231-3076 by 10am the day before you plan to visit**

***Adults age 55-59, the lunch cost is \$4.25 (must be paid in advance)**

***Adults age 60 & over, a donation of \$1.50 per meal is requested to help offset some of the cost.**